

Hours: Monday -Friday  
9:30am - 1:30pm



9411 Whiskey Bottom Road  
Laurel, MD 20723  
410-313-7218



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## July 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Music w/Ed 12:00 Lunch 12:45 Good Old Days  <b>3</b>	<b>Closed for Independence Day</b>     <b>4</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Sing-a-long with Kay 12:00 Lunch 12:45 Tai Chi w/Dave  <b>5</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Watermelon Basket Fruit Salad 12:00 Lunch 12:45 Exercise w/Liz  <b>6</b>	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Music with Al and Anne 12:00 Lunch 12:45 Bingo  <b>7</b>
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Word Games 12:00 Lunch 12:45 Good Old Days  <b>10</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Carnival Games and Funnel Cakes 12:00 Lunch 12:45 Exercise w/Liz  <b>11</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Paul McCartney Music Program 12:00 Lunch 12:45 Tai Chi w/Dave  <b>12</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Music w/Tom 12:00 Lunch 12:45 Exercise w/Liz  <b>13</b>	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Bastille Day 12:00 Lunch 12:45 Bingo  <b>14</b>
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Board Games and Billiards 12:00 Lunch 12:45 Good Old Days  <b>17</b>	9:30 Coffee Talk 10:00 Good Old Days 10:30 Healthy Tasting 11:00 Ceramics with Charlene 12:00 Lunch 12:45 Exercise w/Liz  <b>18</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Movie Magic Reminiscence 12:00 Lunch 12:45 Tai Chi w/Dave  <b>19</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Music with Ellis 12:00 Lunch 12:45 Exercise w/Liz  <b>20</b>	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Disney Days 12:00 Lunch 12:45 Bingo  <b>21</b>
<b>Bob Evans Restaurant</b> <b>9:30am – 1:30pm</b> <b>(410) 290-0004</b>  <b>24</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Music with Al and Anne 12:00 Lunch 12:45 Exercise w/Liz  <b>25</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Paw4Comfort 12:00 Lunch 12:45 Tai Chi w/Dave  <b>26</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Painting Pictures 12:00 Lunch 12:45 Exercise w/Liz  <b>27</b>	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Music with Charlie E 12:00 Lunch 12:45 Bingo  <b>28</b>
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Baking Bread 12:00 Lunch 12:45 Good Old Days  <b>31</b>				

## Helping Your Loved One with Sleep Problems

Adapted from: <http://myinnovage.org/Resources/HelpingYourLovedOnewithSleepIssues.aspx>

Insomnia is a common problem among the elderly. Aged individuals may be predisposed to experience sleep problems because of reduced mobility, social limitations, physical inactivity, or physical or mental illnesses. Although the elderly tend to sleep fewer hours, it should not be assumed that they need less sleep.

### Tips for Promoting Restful Sleep

If you or a loved one is having trouble with insomnia, some of the following may enhance restful sleep:

- Only go to bed when sleepy.
- Establish a regular schedule for going to bed and getting up. Sleep roughly the same number of hours each night, including during weekends and vacations.
- Avoid daytime naps or, at least, confine them to no more than 30 minutes a day.
- Steer clear of caffeine, alcohol, nicotine and chocolate.
- Avoid large meals close to bedtime.
- Engage in regular, moderately intense exercise, but not within three hours of sleeping.
- Curtail fluid intake within four hours of sleeping to decrease the need to get up to urinate during the night.
- Keep the bedroom dark, cool and quiet.
- Avoid stimulating activities just before bed. Focus instead on relaxing pastimes, such as reading or listening to soothing music.
- When falling asleep, concentrate on thinking positive thoughts rather than dwelling on problems, concerns or fears.

## Howard County Walk to End Alzheimer's

Saturday, September 23, 2017  
Centennial Park, Ellicott City, MD 21042  
Registration 9 a.m. | Walk 10 a.m.  
[alz.org/walk](http://alz.org/walk)

**Happy July Birthdays to**  
***Bruce, Audie Lea, Kim and Renda***

### Closings:

**Tuesday, July 4<sup>th</sup>** Closed for Independence Day.

### Outings:

**Monday, July 24<sup>th</sup>** Bob Evans Restaurant Outing 9:30am-1:30pm.

### Resource and Referral Information

**Maryland Access Point of Howard County, (MAP):** Provides free information, assistance and future planning for older adults and persons with disabilities. Contact them at 410-313-1234, 1-800-506-5806 or [map@howardcountymd.gov](mailto:map@howardcountymd.gov).

**RTA Paratransit Services:** 1-800-270-9553, Press 3 and follow prompts.

### Inclement Weather Policy

When Howard County Schools are closed or delayed two hours, the Connections Social Day Program is cancelled. When the public schools have a scheduled day off, please tune to WBAL-TV, listen to the Inclement Weather Line at 410-313-7777 or contact the center at 410-313-7218 to hear a recorded message regarding center operations.